

PARENTS NEWS

March 2013 No. 174 The First & Foremost Local Monthly Newspaper for Families

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PARENTS NEWS believes that society's best asset is its young people! We shall accept no advertising in the opinion of the Publisher, is considered demeaning to children. We intend to encourage environmental, health, and non-violent issues, but not to preach or claim to always be right. Different opinions published are the opinions of the authors and not necessarily those of **PARENTS NEWS**. We hope mums and dads enjoy the articles, be interested by Calendar (finding it useful), and use the advertisers. Any endorsement by **PARENTS NEWS** is explicitly stated.

Family Fashion

2013 Spring - Summer Collection

The energetic summer of *Primigi*: a wonderful explosion of colours

Primigi's new Spring-Summer 2013 Collection is an explosion of colour. Four themes are proposed in this footwear collection, in which colour in all its forms takes centre stage with unmistakable style.

The "Spring Flower" line, inspired by the spring, it's a return to nature, with soft

and delicate colours. Ruffles, pom poms, perforated fabrics and



lace create a dreamy atmosphere, like the floral textures and miniature fabric flower appliqués that adorn the little girls' sandals.

Colours become more vivid with the "Color's



Sound mood. Colours with an intense and well-defined character dominate the line, giving life to punchy contrasts. The sneakers with laces and dual velcro closures for both little boys and girls are perfect and practical for a long and dazzling summer. Yellow, green and hot pink alternate with delicate and fashionable shades.

The "Fish&Chips" theme, is a perfect new take on the navy style. Alongside a wide range of neutral colours, classic shades of blue and red stand out, occasionally interspersed with touches of yellow. The materials, such as

canvas and denim, are soft and light.

The casual and



practical style is finely represented by the "New Explorer" theme. Bold sneakers with a vintage feel create the ideal urban style. The materials



are exclusive and innovative: faded cottons, canvas with a worn effect, and "stone

washed" treatments for high performance footwear. Bright hues and colours, prints and raised micro designs alternate with classic beige, white and grey.

March 2013

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Although I have never visited Oxford before, like most people, I have seen it depicted on TV in shows such as *Morse*. It always looked like a lovely place with historical *Oxford University* and the *Bodleian Library*, but would it live up to expectation?.....yes and more..

We stayed at the *Oxford Spires Four Pillars Hotel* only half a mile from the historic centre of Oxford and within 20 acres of Thames-side parkland. The modern property was created from Cotswold stone to blend in seamlessly with its environment and has an AA service rating.

A great situation for a variety of local attractions. Within the extensive grounds is a horse sanctuary, and the hotel is just a short walk to the river, which leads to Oxford. There are many interesting museums, theatres and shops close by, as well as the opportunity to punt on the Thames.

We signed up for a night time ghost tour which was hugely interesting as the guide told fantastic tales, both ghost story's and the history of the old city - to the pub where *Tolkien* first read 'his new hobbit book'.

The hotel was beautiful, large

comfortable homely rooms. Staff were all helpful, polite & accommodating. A lovely 15 minute walk along the river to the center of Oxford, so its a great location. I couldn't fault the hotel in any way, would definitely return & recommend to friends. We had a fantastic weekend.

The hotel offers 170 guestrooms, each with remote control digital colour television offering a selection of channels, wi-fi internet access, coffee and tea making facilities, hair dryer, iron and ironing board, trouser press, safe and separate work-desk. Each of the en-suite bathrooms contains a full-length bath with overhead power shower and a selection of toiletries. Services include 24-hour in-room dining and laundry service. Longstay serviced apartments are also available.

Bar and Restaurant Outlets
Open from 6.30am to 10pm seven days a week. *Deacons Restaurant* seats up to 150 guests in elegant surroundings, with attentive service being one of its hallmarks. The restaurant offers a wide selection of imaginative à la carte dishes with a contemporary twist, using the freshest local ingredients. The hotel's the newly refurbished *Deacons Bar and Lounge* is open from

Oxford Spires Four Pillars Hotel

8am to Midnight, seven days a week. During the summer, light refreshments are also available on the hotel's large patio, which is dominated by splendid floral displays.

Willows Leisure Club Guests at the *Oxford Spires Four Pillars Hotel* are invited to relax in the hotel's *Willows Leisure Club* with the use of an indoor swimming pool, saunas and steam room, or the well-equipped gymnasium. A beauty room with a wide range of therapies and treatments

is also available seven days per week. The hotel offers special two-day spa packages, which include two nights' accommodation with dinner, bed and breakfast, a 30-minute facial, a 30-minute massage and full use of all leisure facilities.

Just outside the neighbouring town of Burford, is the spectacular *Cotswold Wildlife Park and Gardens* comprising 160 acres of protected parkland and a wide variety of rare and endangered mammals, birds and reptiles. *Waddesdon*

Manor, a magnificent *National Trust* property, is another local attraction. This French Renaissance style chateau houses the *Rothschild Collection* of art treasures and a fine Victorian garden with a Rococco style aviary. The *Biester Shopping Village*, a shoppers' mecca with over 90 designer outlets offering bargains of up to 60% discounts is also within easy reach. www.four-pillars.co.uk/spires
Easter Escapes
Easter breaks from just £42

per person per night - plus kids stay and eat breakfast for free!* A range of great value offers for all the family, independent hotel group *Four Pillars Hotel* can help make your Easter celebration even more special.

Weekend breaks in March start at just £42 per person, per night including dinner, bed and breakfast. Or stay midweek from Sunday to Thursday **between 24th March and 12th April** and the longer you stay, the less you pay! Five night breaks start at just £36.80 per person per night for dinner, bed and breakfast. And children stay and eat breakfast for free*. For full details and conditions or to book, please visit www.four-winter.co.uk or call

0800 374 692.
* Children stay and eat breakfast for free: Based on a maximum of 2 children sharing their parents' room and also includes complimentary breakfast. For children up to 12 years old, a charge of £5 per night will be made when dinner is taken. For 13-16 year olds dinner will be charged as taken. Children aged 4 and under will not be charged for dinner. Separate terms apply for self-catering breakfasts.

More holidays online www.parents-news.co.uk



EASTER SHOW FOR FAMILIES

HELP!
MY SUPPLY TEACHER IS MAGIC

Friday 29 March – Monday 1 April
Based on the hit CBBC show and featuring some of your favourite magicians from the series, this is a jaw-dropping magic spectacular for all the family this Easter!

BOOK NOW 0844 847 9910
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For ages 7+

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Here at Walpole we understand the importance of a beautiful smile, particularly when you're young. The best time to take your child to see a Specialist Orthodontist is between the ages of 8 and 9, and because there's no need to wait for a referral, you can ensure they have a head start on that winning smile. Giving them the confidence to smile as teenagers and beyond.

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(DFDS Harwich –Esbjerg) Family trip to Legoland, Denmark

DFDS = easy peasy! We parked right on the quayside beside the boat at Harwich and after a short wait in a departure lounge, with a café, we walked straight on-board with our bags. Our "transfer" could not have been easier. We found our spacious en suite cabin straightaway and our children a girl aged 9, and boy aged 6, immediately began to fight over which bunk to sleep in.

Then we went off to discover the shop, cafe, a bar/lounge and a small children's play area. There was a buffet restaurant and an à la carte dining area too. All the staff we dealt with were very friendly and helpful. The buffet on the first and third evening was excellent.

There was plenty of fish and cold meats to choose from as starters, several choices of main course and some exceedingly tasty cakes, puddings and cheese if desired. We did find that the price of alcohol was rather high. That said there was a wide choice of drinks. After dinner, there was live entertainment in the bar.

On our first day we had a guided tour around Esbjerg and then we took ourselves off to the excellent fishing museum and aquarium (which had a really good play area for the children). Buses and taxis were easy to use.

Our second day was spent at **Legoland**. We were taken by coach (journey time – one hour). Plenty to see and do! We all loved it to bits. Our daughter loved the rides. Our son loved panning for gold and the penguins. They were both particularly impressed that when, on our second day afloat, he lost his first tooth. . . . that night even the Tooth Fairy was able to find our cabin!

DFDS and their excellent staff spoil us all rotten! "More please!"

The Jarvis Family sailed on the **DFDS Legoland Mini-Cruise** in October 2012

Harwich to Esbjerg - Legoland self-drive Hotel Break

- **DFDS Seaways** operates the only ferry route from the UK to Scandinavia with its Harwich to Esbjerg route to Denmark
- **Legoland** self-drive breaks from £314pp based on 4 people sharing an en suite sea view cabin including carriage of a car
- Includes 2 nights in an en suite cabin, 2 nights at the 4* **Legoland Hotel** and 2 day entrance to the **Legoland** theme park
- There are three restaurants, a bar, shop, Kids Club and live music onboard.
- Departs Harwich 2-4 times per week, depending on the time of year

www.dfds.co.uk
0871 522 9976

Out & About

TREAT YOUR MOTHER TO A 'RACY' DAY OUT

The annual **Paddy Power Imperial Cup on Saturday 9th March** is set to be as exciting as ever and this year the day falls the day before **Mothering Sunday** and **Sandown Park** is offering you the chance to 'bring your mother racing for free' (offer includes *Grand Military Gold Cup Day*). To redeem this great offer, racegoers need to book in advance and quote special code **SPMUM2013**. Racegoers also have the chance of receiving £20 off one of the three restaurant packages on offer to treat mothers in the exclusive second floor restaurant right on the finishing straight with great views over the racecourse and the parade ring. Prices start at just £85 per person + VAT (not including discount).

This is also the day when a top class **Cheltenham Festival** preview panel takes place with the best spokespeople racing can offer. You can find out if any of this year's crop of horses might be ones to watch at The Festival by getting the experts' view at our live **Cheltenham Preview Panel** after the racing. A famous panel of professionals



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We also specialise in setting up trusts to protect your assets and Lasting Power of Attorney



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DAYS OUT

Every Wed-**Heaven at Nuffield-19 High Street- www.heaven-nuffield.com**
-Smiley Faces music group for babies & toddlers for up to 2yrs & 2-4yrs, there is also a playroom for under 5's, a café & a crèche
6-17 Mar-Howe Centre- VegfestUK Brighton, www.brighton.vegfest.co.uk
16 Mar-RSPB Pulborough Brooks Nature Reserve- Wiggoholt- 01798 875851

-Wild Families follow the trail where friendly helpers will help you find some brilliant birds & other wildlife, in the hide you can make up your own wildlife poem, there will be prizes for the best ones & there will be some fun activities to try too.

29 Mar-14 Apr-The Wildfowl and Wetland Centre-Mill Road-Arundel West Sussex- 01903 883355
New Life, celebrate Spring with a visit to see rare cygnets & goslings during the Easter holidays. Families can follow the bunny trail around the reserve, go pond dipping or create a craft in the visitor centre each afternoon. The **Wetland Discovery Boat Safari runs every day.**

To book tickets please call Sandown Park
01372 47 00 47
www.sandown.co.uk
For hospitality enquiries
01372 47 77 47

Visitors to the **Medway Festival of Steam and Transport 2013**, at **The Historic Dockyard Chatham on Easter Sunday and Monday**, are in for a real treat this year for two event days only, **31 March and 1 April**, they will be given the exclusive opportunity to walk around the film location for the popular TV drama series **'Call the Midwife'** and see how areas of the **Dockyard** were transformed to become the perfect backdrop for the programme. For the event vehicles, washing lines, bicycles and music will recreate the special 1950s atmosphere, as it was for the filming. Plenty of cars from the period already booked to appear at the event - well known makes, marques and models including **Austin** (such as the A30, A70 and A90), **Ford** (Prefect, Poplar, Anglia and Consul), **Rover and Wolseley** to name just a few. There will even be a **Hillman Mx4 Mk Villa** which actually appeared in the TV series and a **1954 Rolls Royce State Landulette**. These and other vehicles displayed in the 1950s themed area.

'Call the Midwife'

All the usual elements of this popular event are returning including the spectacular



sights, sounds and smell of steam as motion engines and locomotives rumble, by displays of hundreds of classic and vintage vehicles, live folk and blues music, animal encounters, land train and shire horse wagon rides (at a small additional charge) and a trip on a vintage bus or try riding a Penny Farthing! The interactive **Modelling Zone** has miniature planes, trains automobiles and boat. **Airfix**, the model construction kit manufacturer will be supporting a special **'Airfix Club'** junior member's competition featuring ships and cars from the current **Airfix** range and provide a 'make and take' model building area, where children build a model kit for **FREE!**

The Steamunks with their unusual Neo-Victorian costumes and steam powered wacky gadgets also make appearances. **'Steampunk Central'** will provide a colourful and imaginative world with traders offering **Steampunk** fashions, accessories, gadgets, books and music together with an exhibition of **Steampunk art**. For a special treat there is an exclusive opportunity to pre-book an Easter roast lunch in **Commissioner's House** - choose either the Ballroom for lunch in 1950s decadence, the location featured as the restaurant in the current series of **'Call the Midwife'**, or the **Pavilion Marquee**. Call **01634 823846** to check availability and make a reservation. Alternatively there will be good wholesome home cooked foods to enjoy from **Wheelwrights' Restaurant** and mobile units. All in all this year's event will be more exciting than ever! Tickets are now on sale online or from **The Historic Dockyard**. For more information go to **www.thedockyard.co.uk/steamandtransport**

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Contact: **Lucy Tomlinson**
Kent Running Activator call: **KentSport** **07730 870696**



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Ongoing Imperial War Museum 020 7416 5439 A Family in Wartime Exhibition explores the lives of William & Alice Allpress & their ten children & what life in London was like during the war. **FREE.** **Ongoing Secret War** exhibition. **FREE.** **Ongoing Royal Mews Buckingham Palace** 020 7766 7302 Family groups explore a range of self directed activities from the art trolley, 5-11yrs. **Ongoing Churchill War Rooms** King Charles Street, Life in Churchill's Bunker, learn what life & conditions were like underground & experience the authenticity & emotional resonance of walking through the corridors where Churchill made history. **FREE.** **Ongoing London Dungeon** 020 7403 7221 **Vengeance:** The UK's first 5D laser ride **Daily Tower of London** 0844 482 7799 Fit for a King exhibition learn about the personalities, power & physical side of England's kings, from the Tudors, & the notorious Henry VIII to today's royal family. **Daily London Zoo** Regent's Park 020 7222 3333 Rainforest Life Exhibit, experience the sights, sounds, smells of the rainforest & come face to face with amazing rainforest species including monkeys, sloths, armadillos, manumand plus there's a special Night Life area, where you'll discover bats, rats & other nocturnal creatures that dwell in the dark. **16 Sept London Zoo Stampede 10K** charity run will take runners past some of the world's most amazing animals, including western lowland gorillas & a mob of meerkats & lots more. **www.zsl.org/stampede.** **Daily The Queen's Gallery Buckingham Palace** 020 7766 7301 Become an explorer & discover the exhibition with activity bags for families. Using the bags find out which animals the adventurers shared the Antarctic with and what early explorers wore to protect themselves from the cold. **Every Sun National Gallery** **www.nationalgallery.org.uk** 020 7747 2885 Family workshops for families bringing paintings alive & listening to a themed story on the magic carpet, plus **FREE** family trail. **Every Sun Hildreth Street Market** Balham Street Market with fresh food traders sourced from all over London. **Every Mon & Thurs Holy Trinity Church** Brook Green 07710 023743 Singing & Songwriting sessions for 6-11 & 11-14yrs. **Every Wed & every Fri Horniman Museum** Forest Hill 020 8699 1872 Busy Bees sessions for under 5's, **FREE.** **Every Sat Hands on family workshops**, 3+yrs. **Every Sun** Discovery for All, 3+yrs, **FREE.** **Until 1 Mar'14**, The Art of Harmony, exhibition showcases Western classical

musical instruments on loan from the V & A. **Every weekend Tate Modern** Bankside SE1 020 7887 8008 Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily Family** resources with paper based activities for families all ages, **FREE.** **Daily Children's Multimedia Guide** keeps children entertained & animates art works through music, video clips & entertaining games, 5+yrs. **Daily Under 5's Zone** a new play space for families, **FREE.** **Every weekend Start Sessions** with games, map making & clue matching, 5+yrs, **FREE.** **Every weekend Temple Station** 020 7222 1234 Harry Potter Locations Tour, 2 ½ hrs. **Daily London Greenwich Clocktower** Greenwich High Road Quirkly weekend market has 50 stalls specialising in vintage, retro & antiques with a few contemporary craft stalls, **FREE** entry, **www.clocktowermarket.co.uk** **Every Sat Venn Street Market, Clapham Common** 020 7622 8259 Offering fine foods & fresh produce plus a variety of handmade crafts will be available throughout Dec with gifts & cards for all the family as well as Christmas trees & floral decorations. Christmas trees will be available. **Every Sat Blue Elephant Theatre** Cambwell 020 7701 0100 Young People's Theatre workshops, various age groups 7-18yrs, **FREE** to join. **Every 2nd Sat of month National Geographic Store** 83-97 Regent Street 020 7025 6960 Animal Man comes face to face with slithering snakes, slimy insects & smelly snakes. Meet a wide variety of animals to include owls, lizards, tortoises, armadillos, meerkats & lots more, hands on activities are led by AnimalMan Nick Spellman for all ages. **Until 1 Mar** Old Royal Naval College Foundation House 2 Cutty Sark Gardens Greenwich 0870 169 0101 Get up Close a unique perspective of the Painted Hall conservations project & a **FREE** behind the scenes tour, 12+yrs. **Until 3 Mar** Design Museum Shad Thames 0870 833 9955 Unexpected Pleasures; The Art and Design of Contemporary Jewellery exhibition. **Until 3 Mar** Natural History Museum 020 7942 5000 Last chance to see *Veolia Environment* Wildlife Photographer of the Year, 15 Mar *Dino Snores* for 7-11yrs. 29 Mar-15 Sept Sensational Butterflies 30 Mar Chocolate: A Natural History find out about the cacao plant & how its beans are transformed into delicious chocolate. **Every weekend & school hols** Hands on Nature Dinosaurs, visit the handling station & explore interesting

specimens with the help of the museum's science educators. **FREE** & Up, Up and Away interactive storytelling for under 7's, **FREE.** Investigate Centre families can work together as scientists to investigate specimens, 7+yrs, **FREE.** **Every weekend & school hols** Gallery characters, **FREE.** **Daily Family Earth Lab** explore the wonder of fossils, rocks & minerals, families, 6+yrs, **FREE.** Explorer backpacks, families under 7's. **Dippy Floor** puzzle world 7's, **FREE.** Bookasaurus, families under 5's. Jurassic Ark family activity pack includes code breaking activities. **Daily Learning Activators** encourage visitors of all ages to discover more about the natural world, **FREE.** **Daily Focus** Points handling trolleys explore real specimens with the help of volunteers, using different natural history themed activities, all ages, **FREE.** **Every Sun** The Bird Table using real specimens, activities will encourage you to look closely, make comparisons, discuss ideas & develop your knowledge & understanding of Antarctica's penguins, **FREE.** **NEW for 2012** Dino Snores for Grown Ups. **Until 14 Apr** Royal Academy of Arts Burlington House Piccadilly 020 7439 7438 *Manet: Portraying Life* children under 12's **FREE.** **NEW** children under 12yrs have **FREE** entry to all exhibitions. **1 Mar** Wembley Arena 08744 847 1963 Madagascar Live action adventure all ages. **1,2,15,16,22,23 Mar** **ChickenShed Theatre** Company Chase Side Southgate 020 8292 9222 Tales from the Shed entertaining, interactive theatre show for up to 7yrs. **1 Mar-25 May** **Apollo Theatre** Shaftesbury Avenue 0844 412 4658 *The Curious Incident of the Dog in the Night-Time*, NT production. **1 Mar-Aug** **The Royal Observatory** Greenwich 020 8858 4422 *Alien Revolution* a new exhibition. **2 Mar** **Mar Questors Theatre** Mattock Lane 020 8567 0011

London Calendar

PARENTS NEWS

Digital

Copies can also be read on-line
www.parents-news.co.uk



Where the Wild Things Are & Mr Honk & his Sad Trombone. **First Sat of every month** Mr Popcorn's Funtime Magic Show for 2-6yrs, & he's joined by Scruffy the dog, children can enjoy an hour filled with balloon modelling puppets, magic & a guess the cartoon drawing competition. 13-16 Mar **Around the World in Eighty Days.** **2-3 Mar** **Barbican Arts Centre** 0845 120 7550 *Barbican Weekender: Brain Waves* an array of **FREE** creative events for all with two brainy days of dance, theatre, music & art plus a Sonic Tour of the Brain to Jelly Brain Dissection workshops where participants will have the opportunity to dissect a jelly brain & then eat it. **2-3 Mar** **Catty Sark** Greenwich **www.rmg.co.uk/cutty Sark** Family Fun weekend National Science Week celebrate & discover weird & wonderful scientific secrets at Cutty Sark. **2 Mar** Discover the science & skills of sailing with their riggers, all ages, **FREE** with entry. **2-3 Mar** Design, build & experiment with pulleys in this interactive family workshop, all ages. **FREE** with entry. **3 Mar** Meet Captain Woodgett & learn about life on board the fastest clipper ship, all ages. **FREE** with entry. **29 Mar-1 Apr** Easter egg hunt around Cutty Sark, all ages, **FREE** with entry. **2-3 Mar** **Rich Mix** Bethnal Green 020 7613 7498 *Marmaduke* family film. **10 Mar** Grand Union Youth Orchestra workshop, 12-25yrs, **FREE.** **10 Mar** Bengal to Bethnal Green a monthly event including family workshops, all ages. **FREE.** **11,25 Mar** Wiggly Jigglers creative movement, 0-2yrs, **FREE** for Tower Hamlet residents. **17 Mar** Numbi Workshop music & movement workshop, all ages. **17 Mar** Mwalimu Express Music **FREE**, all ages. **18 Mar** Storycraft Workshop with Apples & Snakes storytelling, 2-5yrs. **24 Mar** *Secret of the Wings*, autism friendly screening. **24 Mar** **Reel Iraq** Family Day Festival, all ages, **FREE.** **31 Mar** The

specimens with the help of the museum's science educators. **FREE** & Up, Up and Away interactive storytelling for under 7's, **FREE.** Investigate Centre families can work together as scientists to investigate specimens, 7+yrs, **FREE.** **Every weekend & school hols** Gallery characters, **FREE.** **Daily Family Earth Lab** explore the wonder of fossils, rocks & minerals, families, 6+yrs, **FREE.** Explorer backpacks, families under 7's. **Dippy Floor** puzzle world 7's, **FREE.** Bookasaurus, families under 5's. Jurassic Ark family activity pack includes code breaking activities. **Daily Learning Activators** encourage visitors of all ages to discover more about the natural world, **FREE.** **Daily Focus** Points handling trolleys explore real specimens with the help of volunteers, using different natural history themed activities, all ages, **FREE.** **Every Sun** The Bird Table using real specimens, activities will encourage you to look closely, make comparisons, discuss ideas & develop your knowledge & understanding of Antarctica's penguins, **FREE.** **NEW for 2012** Dino Snores for Grown Ups. **Until 14 Apr** Royal Academy of Arts Burlington House Piccadilly 020 7439 7438 *Manet: Portraying Life* children under 12's **FREE.** **NEW** children under 12yrs have **FREE** entry to all exhibitions. **1 Mar** Wembley Arena 08744 847 1963 Madagascar Live action adventure all ages. **1,2,15,16,22,23 Mar** **ChickenShed Theatre** Company Chase Side Southgate 020 8292 9222 Tales from the Shed entertaining, interactive theatre show for up to 7yrs. **1 Mar-25 May** **Apollo Theatre** Shaftesbury Avenue 0844 412 4658 *The Curious Incident of the Dog in the Night-Time*, NT production. **1 Mar-Aug** **The Royal Observatory** Greenwich 020 8858 4422 *Alien Revolution* a new exhibition. **2 Mar** **Mar Questors Theatre** Mattock Lane 020 8567 0011

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African Market Festival, all ages, **FREE.** **Every Mon** Parents & Babies Screenings. **2,9,16,23,30 Mar** **National Maritime Museum** Greenwich 020 8312 6565 Explore Saturdays meet a character from the past & take part in a performance that will bring maritime history to life, 6+yrs, **FREE.** **3,10,17,24,31 Mar** Discover Sundays explore your personal connections to the sea, all ages, **FREE.** **5,12,19,26 Mar** Play Tuesdays children can have fun with their families as they explore the museum through making music, dance & drama, under 5's **FREE.** **3 Mar** **The Wallace Collection Hertford House** Manchester Square 020 7563 9500. The Little Draw, drawing workshops for all ages, drop in, **FREE.** **3 Mar** **BFI Southbank** Waterloo 020 7928 3555 Film Funday: The Dark Crystal & Funday Workshop in the foyer, where you can draw your characters & the worlds they live in & then make up an adventure for them based on the famous quest for the dark crystal. With the usual animation stands, craft tables & prizes to be won. **9 Mar** **Regents Park** 0845 673 2154 Run jog or walk either 5K or 10K around the park, ideal for all ages & fitness and a 10k fun run for little legs only. Money raised for the British Heart Foundation. Tel: 0845 130 8663 or register **www.bhf.org.uk/registarspark**. **9-10 Mar** **HMS Belfast** Tooley Street 020 7940 6320 History in Your Hands stories hidden within HMS Belfast & the men who lived & worked on board. **16-17 Mar** Special weekend event 75yrs since her launch in Belfast in 1938 on St Patrick's Day. Meet some of the veterans & hear first hand tales of life on the open sea, a simulated gun firing of Belfast's 4-inch guns, medal making crafts activity, live radio demos & lots more, suitable all ages plus a special Irish themed menu in the new café served over the weekend. **23-24 Mar** Signals at Sea, send & decode secret messages & find out how the navy used secret signals to communicate. **Ongoing** Private Tours hear unique stories of how sailors survived in FREEzing conditions during the Arctic Convoys & what it was like to be one of the first ships firing on D Day & lots more. **9-10 Mar** **Science Museum** 0870 870 4868 Family workshops with the museum's Learning team, the children will build & race their own toy car, learning about the principles of engineering along the way. **FREE.** **Until May '13** Codebreaker exhibition, **FREE.** **Daily** take control in 360 degrees flight simulators or fly with the Red Arrows in their sensational 3D motion effects theatre. **Every**

weekend **ley Cool Adventure** families, under 7's, **FREE.** **Every** **Weekend Spaced Out**, families, 5+yrs, **FREE.** **Every** **Weekend** **A Cockroach Tour** of the museum visitors take on the form of cockroaches dressing up in realistic costumes, **FREE.** **Every** **Weekend** explore hundreds of real natural history specimens, discover evidence along the way using microscopes, the computer database & other scientific instruments, science educators are there to help you with your investigations, **FREE.** **10 Mar** **Jewish Museum** Raymond Burton House 129-131 Albert Street 020 7284 1997 Little Booklets action packed story filled adventure with pop up animation workshops including interactive illustration, puppetry & much more. **24 Mar** **Mae and Take** an art activity for the whole family for Passover, 5+yrs. **15 Mar-1 Apr** **EaRls Court Exhibition Centre** 0870 122 1313 The Ideal Home Show. **23 Mar** **Leban** Creekside 020 8691 8600 Children's Creative Dance Classes toddlers to teens **23 Mar-28 July** **Victoria & Albert Museum** 020 7942 2000 David Bowie Is new major exhibition, advanced booking advised. **30 Mar** **The Imagination Station** children create their own coat of arms, flag or shield using a variety of materials, **FREE**, drop-in, 3-5yrs. **Every weekend 30 Mar-14 Apr** **Tudor Tales: Pop-up performances, FREE** drop in suitable for early years. **Every Sun in Mar** **FREE** Screenings from The V&A's National Video Archive of Performance, a programme of **FREE** screenings of recordings of live performances ranging from classic plays & West End hits to pantomimes. **Daily** **Activity** Back Packs families jigsaws, stories & games to 4-11yrs, Activity Cart hands on art **FREE**, drop in plus Agent Animal bag a sensory activity bag that has been developed for under 5's containing an audio map & fabric cubes, **FREE.** **28 Mar-26 May** **Peacock Theatre** Portugal Street 0870 737 0337 My First Cinderella especially for children 3+yrs giving children their first taste of classical ballet. **29 Mar-1 Apr** **Battersea Park Zoo** 020 8871 7540 Easter Egg Hunt a few of the zoo animals will be guarding colourful Easter eggs buy a quiz sheet upon entry & use the clues to work out who it is. **30 Mar** **Duke of York Square** Chelsea London SW3 Hop & Hunt Easter Challenge, fun for all the family, kids must try and unscramble all the clues & find the hidden riddles dotted around the Square in the race to reach Golden Ticket & win an amazing prize. The Easter Bunny will be hand on hand to help with clues plus a magician will be performing Easter themed tricks, **FREE.**

Please call before you go and please mention PARENTS NEWS

Daily South Norwood Recreation Ground Car Green Road Croydon 020-8760 5707 Fitness Trails for adults & children of all fitness levels to get fit & keep fit. Positioned at each exercise station are signs showing the exercise to be undertaken with the suggested number of number repetitions.

Daily Lower Morden Garden Centre 020 8337 7781 Soft play, under 5's.

Daily Sutton Ecology Centre Festival Walk Carshalton 020 8770 5820 Playworld Fantasy play area, 2-10yrs.

Ongoing Dupass Hill Outdoor Gym Each item has clear instruction for its use over 12's.

Recently re-opened Kidplay Cafe 282-284 Lower Addiscombe Road Croydon Softplay & café, under 5's.

Every Mon Blenheim

Children & Family Centre Bromley 01689 879145 **Tues, Wed & Fri** mom toddlers activities.

Every Mon Lloyd Park 020 8726 6000 Health walk circular through Lloyd Park & Shirley on mainly flat terrain, ideal for beginners, 2 miles last approx 1hr, meet 11am **FREE** & same walk on potentially hilly terrain, 3-miles ideal for advanced walkers, 2pm, **FREE**, **Every Sat** Park run, **FREE** weekly timed 5k run, need to register first.

Every Mon **Parchmore Community Centre** 53-55 Parchmore Road 0208726 6000 x88965 Circuit for those new to exercise, returning after illness & the more mature exerciser.

Every Mon **eve Sutton Grammar** Korrball Beginners school years 3-12 various times & sessions, email for details

Every Wed **Unitarian Church** 1 The Floyver 020 8726 6000 x88965 Zumba Latin inspired dance music & rhythms, all abilities.

Every Wed **Charles Cryer Theatre** 39 High Street Carshalton 020-8770 4950 Spiral Youth Theatre for 13+yrs members learn a variety of activities such as drama, dance & singing, musical theatre composition, set design & costume making culminating in two productions per year & **Every Thurs** Minis & Juniors 5-7yrs.

Every Wed **mon Sutton Arena Leisure Centre** Middleton Road Carshalton 020 8770 4088 Women's Recreation Mornings with a wide range of sport & social activities available for one single fee, 9-12pm. **Daily** Playworld fantasy play area, 2-10yrs.

Every Wed & Sat **Millennium Arena** Battersea Park 020 8871 7542 Drop in tennis sessions, 5-8.9-15yrs.

Every Thurs **Norbury Park and Norwood Grove** 020 8726 6900 A circular walk through Norbury Park & Norwood Grove, 2.3 miles, meet at Norbury Train Station, 1.30pm. **FREE**. 21 Aug Butterfly Walk, 2 hrs around the park to learn about these insects. 07968 832508.

Every Thurs **Selsdon Baptist Church** Addington Road 020 8726 6000 x88965 Circuits Low intensity for mature exercisers.

Every Thurs **Croydon Sports College** Croydon High School 020 8726 6000 x88965 Circuits Low intensity for mature exercisers.

Every Fri **Norbury Park** 020 8726 6900 Bookstart Rhymetime for babies & toddlers. **Every Tues** **Wiggle & Jiggle**, 2-4yrs. **Every Thurs** **Storytime**, 2 ½+yrs. **Every Sat** **Storytime**, under 7's, **FREE**.

& under 11's Roller Disco Sessions, 4.30-5.45pm & Families & under 16's Roller Disco sessions with full skate & safety equipment provided, doors open 6.15pm, **Tel: 07970 266790**.

Every Fri **Bradmore Green Library** Old Coulsdon 020 8726 6000 X64952 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Mon** **Storytime** 2 ½+yrs & **Chatterbooks** reading group for 8-11yrs. **Fortnightly** **Every Sat** **Rhymetime**, **FREE**.

Every Fri **Broad Green Library** 020 8726 6900 Bookstart Rhymetime 0-5yrs. **Fortnightly** on Sat Rock & Rhyme for pre-school children.

Every Wed **Arty Crafty** computers drop in sessions for under 5's, parents & carers, **FREE**.

Every Fri **South Norwood Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers. **Every Tues** **Wiggle & Jiggle**, 2-4yrs. **Alternate Sat** Rock & Rhyme or Storytime, **FREE**.

Every Fri **Shirley Library** 020 8253 1023 Bookstart rhymetime for babies & toddlers, Wiggle & Jiggle for 18mths+. **Every Thurs** **Storytime** for 2 ½+yrs. **Every Sat** **Rock & Rhyme** for babies & toddlers. **Monthly** story & craft workshops, 5-10yrs.

Every Fri **New Addington Library** 020 8253 1023 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, 18mths+, **FREE**.

Every Fri **Norbury Park** 020 8726 6900 Bookstart Rhymetime. **Every Thurs** **Wiggle & Jiggle**, **Alternate Sat** Rock & Rhyme followed by Storytime. **Last Fri** of each month **Chatter Books** reading group for 8-12yrs, **FREE**.

2 Mar **The United Church of St Marks** Great Tattenhams Epsom Downs 01737 353138 Tattenhams Indoor Market stalls selling greetings cards, jewellery, crafts & lots more, entrance **FREE**.

3 Mar **Concert Hall** Fairfield 020 8688 9291 American Superslam Wrestling. 18.21 Mar Croydon Schools' Music Association - Festival of Music. 22 Mar Arthur Davison Family Concert - Space Adventures, programme to include A Space Odyssey, Star Wars, ET & lots more.

3 Mar **Gatton Park** 01737 649066 www.gattonpark.com Gardens & park open with special 2 for 1 offer on entry for members of the Surrey Hills Society. Geo-caching trail for families. 1 Apr Open Day & Easter Egg Hunt.

4 Mar **Epsom Playhouse** Ashley Avenue 01372 742555 Coppelia performed by Moscow Ballet.

4-5 Mar **GI Live** Guildford 0844 7701 797 Swan Lake performed by Moscow City Ballet. 6 Mar Sleeping Beauty. 28-30 Mar Spot's Birthday Party with music & songs, games & stories.

Calendar

Street 020 8726 6000 x88965 Acoustic pay as you go sessions.

Every Sat **The Green Dragon** 58-60 High Street Croydon 020 8667 0684 Storytime for families 3-7yrs, drop in 2hr session with stories, puppets, arts activities & songs, **FREE**.

Every Sat **mon Norman Park** Hayes Lane Bookery Kent 020 8460 5291 Soccer School, 4-6.7-9 & 10+yrs.

Until 2 Mar **Barn Theatre** Ousted 01883 724852 Southern Counties Drama Festival, **Tel: 01959 561811**.

Until 7 Apr **Pump House Gallery** Battersea Park 020 8871 7572 D eye Y photography exhibition, which will be accompanied with workshops & family events, www.pumphousegallery.org.uk. **FREE**.

2 Mar **Fairfield Halls** Fairfield 020 8688 9291 Milkshake. Come Out to Play family show. 10 Mar Red Riding Hood. 12-16 Mar Boogie-Boogie. 15-13yrs. 10 Mar **Claremont Landscape Gardens** 01372 467806 Mothers Day, mothers **FREE**, when accompanied by their children. 29-30 Mar Easter Egg trail plus Cadbury's play area, **FREE** face painting & storytelling, normal garden admission. 30 Mar Easter Bonnet Competition & parade prizes for the best adult & best child's bonnet.

10 Mar **Clandon Park** 01483 222482 Mothers Day, join in

arts & crafts activities & make a present for mum, there will also be live music, pony rides for children & Attic toots available. 29-30 Mar Easter Egg trails cards & lots more.

5-9 Mar **The Hawth** Crawley 01293 553636 Joseph & the Amazing Technicolor Dreamcoat.

9 Mar **Bourne Hall Music Centre** Epsom 020 8394 1734 Terrible Trenches, discover what life was like in the trenches on the Western Front for ordinary infantryman & were the rats really as big as cats, decide if you could survive longer than the average 6 weeks lifespan of a second lieutenant or if you would just hope to get a Blighty one?

10 Mar **Painhill Park**, Cobham 01932 868113 Entrance **FREE** to mothers when accompanied by their children, 5-16yrs, under 5's **FREE**. 23 Mar Den Building family fun creating own shelter in the woods with help of an experienced instructor, 5-13yrs.

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ELMHURST SCHOOL FOR BOYS
ACGS 411

Next Open Morning, Saturday 16th March 10am-12noon

The Dilston Memorial Scholarship Entrance Exam - Tuesday 26th March. The scholarship is awarded to a boy entering Year 3 in September 2013. It will provide a fully funded place. For more details please contact the school office.

A day in the life of Elmhurst... come and see for yourself!

If you would like to book a place at our next Open Morning to request a prospectus or to arrange an individual tour, please contact Carole or Paula on 020 8688 0661 or email office@elmhurstschool.net

Elmhurst School, 44-48 South Park Hill Road, South Croydon, Surrey CR2 7DW
www.elmhurstschool.net

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We are recruiting for a New 'Daytime' Course in Holistic Massage QCF Level 3

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No need for Evening Baby Sitters ~ In Term Time Take Children to School & Then Come Straight To Us!

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Learn Something New, Change the Course of your Career or just simply Earn Some Extra Money!

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Twitter and **Social Media**

St Lawrence College
Co-educational, day and boarding school for ages 3-18 years

Still unsure about September 2013? Take the opportunity to have an informal look around St Lawrence College. Call today to book a place.

Senior School Open Week
Monday 4th - Friday 8th March 2013
Tours daily at 9.15am, 11.45am & 2.00pm

For further details please contact Allison Hall phone 01843 572931 or email ah@slcuk.com

St Lawrence College
Ramsgate, Kent CT11 7AE
www.slcuk.com

Year 7 places available
CofE Ref No. 302923

Develop your child's independence

Kumon's maths and English study programmes are tailored to your child's individual needs, nurturing their independence and enthusiasm for learning.

Contact your local Instructor for a Free Assessment.

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Bromley	020 3602 9746	Lower Sydenham	020 3002 0239
Caterham	020 8654 2878	Orpington	020 8325 2250
Croydon Central	020 8686 6833	Oxted	01883 723 204
Crystal Palace	020 3627 1469	Selsdon	020 7993 8698
East Dulwich	020 8299 2811	South Norwood	020 8462 4565
Forest Hill	020 8699 0264	Wallington	020 8819 4466

KUMON
Fees vary. Please refer to your local study centre.

kumon.co.uk

School Talk
Free publicity notices for schools/nurseries who distribute

Parents News
to pupils to take home
Please send details to info@parents-news.co.uk

13 March, Dalmain Primary School, Forest Hill, Open Morning, 9.15am, 020 8699 2675.

16 March, Bantom House School, Bromley Autism Conference, 9.30am, 020 8462 1010.

What's On London Calendar
Go to Page 5

Book Reviews

My Big World

My Big World is a first look at geography and science for children aged 4+ to enjoy with their parents.

A little girl called Koko and a little boy called Alex ask questions about the world while intrepid explorers go on adventures to find out how and where we live. Starting from inside the home, Koko and Alex move on to explore the wider world. Step by step the reader encounters different plants and animals, exploring various locations around the world and even visiting outer space!

Children explore each topic by playing and learning. Activities, which include things to do on and off the page, are announced by a graphic symbol of a pair of hands. More complicated procedures, involving cutting and baking, are flagged as requiring adult supervision. £12.95

Explore!

The Most Dangerous Journeys of All Time

by Deborah Kespert £12.95
This fun and educational children's book details the real life adventures of the most courageous explorers of all time.

Describing the intrepid journeys and discoveries of famous trailblazers from Christopher Columbus to Ranulph Fiennes, it is packed with background details and survival tips, as well as photographs and illustrations of the daring expeditions.

Explore! will appeal to children around the age of 9+ with an interest in history and a passion for the great outdoors.

Hands-on history that taps into the current fascination with outdoor survival skills and the challenges of the natural world.

D & K Books

Big Book of Knitting £25 hb, full colour throughout.

Over 100 simple and stylish projects from hats and sweaters to toys and accessories, beautiful knitting projects suitable for any knitter. Ever find yourself covering a fabulous knit scarf but don't think you could ever make it yourself? If so, the *Big Book of Knitting* is set to be your new favourite companion. Packed with over 100 projects fit for the whole family, you'll be sure to find lots of stylish items you'd like to make.

Learn to knit with confidence as you follow advice on equipment, patterns and key techniques.

Perfect for beginners, with step by step instructions and close-up photos. It includes information on basic equipment, mastering techniques, key knitting stitches, and advice on how to follow patterns.

Friendly to the more seasoned knitter, so you can take your pick from the comprehensive range of scarves, hats and other essentials or find inspiration for new ideas like throws, cushions, and adorable toys.

Whether you have just started knitting or are already experienced and want stylish new patterns, the *Big Book of Knitting*, is the essential book for anyone interested in knitting.

More Maths for Mums and Dads The Teenage Years

by Rob Eastaway & Mile Askew £10.99 hb. Ebook available

From the authors of the bestselling *Maths for Mums and Dads* comes the ultimate guide to get parents and teenagers through the turbulent years of GCSE maths and beyond...

No sooner have parents overcome the new methods used in primary school than they are confronted by the challenge of maths for teenagers. How do you help your child with maths when it is at a level that you don't really understand yourself? And trickier still, how

do you motivate and enthuse them when faced with questions such as 'when will I ever need this?' or 'what's the point'.

More Maths for Mums and Dads gives you all the ammunition you need to enthuse and inspire your teenager. Full of strategies to help you build your teenager's confidence to understand and even enjoy maths up to GCSE, it covers the maths they will encounter, with straightforward explanations and practical and fun examples of where maths crops up in the real world.

How Eskimos Keep Their Babies Warm

by Mei-Ling Hoggood.

How Eskimos Keep Their Babies Warm is the perfect read for fans of bestselling book *French Children Don't Throw Food*, offering a fascinating insight into child rearing practices world-wide.

How do parents from other cultures raise their children? And what secrets can we learn from them? In a world where 'one-size-fits-all' parenting doesn't actually work for everyone, this intimate and surprising look at how parents

all around the globe raise their children offers a complete breath of fresh air.

Mei-Ling Hoggood's own experiences led her to explore how mums and dads in other countries approach such issues as bedtime, potty training, healthy eating and playtime squabbles and she discovered a whole world of new ideas and perspectives.

This inspiring, engaging and fun read proves that there are many ways to be a good parent – and more than one way to raise a child. £12.99

March 2013

Dot to Dot

by Malcolm Cossons

Illustrated flip-over picture book about a little girl called Dot from London and her grandmother, also called Dot, in New York. The pair share a birthday and desperately want to spend it together.

Readers start at one end to find out Little Dot's story; flip the book over and start at the other end to read about Grandma Dot. The story follows Little Dot as she tries everything to hand deliver a special card to Grandma Dot in New York: she tries to bounce on springs across the ocean; asks birds and butterflies to help her fly; and even digs a tunnel in her back garden... Meanwhile, Grandma Dot is making a surprise trip to London, but travels the long way round.

At each stopover, in Beijing, Mumbai and Rome, she gathers family and friends and buys a mystery present for Little Dot. But will Grandma Dot arrive in London in time for the big day?

In today's electronic and interactive world it will interest children to play with the idea of a physical book, reading from both beginning and end. The two-in-one plot will have children going back and re-reading the story again and again. £7.95, 3+ yrs

Tree Fu

by Random House Children's Books.

Tree Fu Go £4.99 Meet Tom and his friends, and explore Treetopolis in this brand new *Tree Fu Tom* picture book.

Magical 3D Flouring Book £4.99 Colour the pictures of all your favourite Treetopolis characters and scenes, then use your 3D glasses to see the 3D images pop right off the page!

Tree Fu Fun Sticker Book £3.99 Explore Treetopolis with Tim and his friends in this magical sticker book, packed with spectacular stickers, amazing activities and all of your favourite Tree Fu characters.

Hide & Squeak £3.99 A game of hide and seek causes chaos when Squirmum's fear of the dark accidentally leads to a Treetopolis! Can Tom help Squirmum to overcome his fear and save the day in time? He'll need some Big World magic help! This fun and exciting story is perfect for children who are just learning to recognise words, basic vocabulary and short sentences.

Search for the Squizzle £5.99 When Tom and his friends play a game of Squizzle, Twigs attempts a tricky move that sends his Squizzle pod soaring – straight into a deep, dark canyon! It's said that an ob-socary spider lives down there, and twigs is worried that he'll never get his Squizzle back.

March 2013

Homefield School

Homefield is a top preparatory school for 400 boys aged three to thirteen. Founded in 1870, Homefield has its roots in the 19th century and its branches in the twenty-first. Throughout the School's development it has been very careful to preserve the original family ethos and intimacy, together with its reputation for academic excellence (50 scholarships in the last two years), the breadth of extra-curricular sporting, musical and artistic provision and first class pastoral care. Housed in an extensive purpose-built complex, they have well-equipped science laboratories, large Art, DT and Music suites, complemented by a spacious Early Years'

As the UK's leading education training and resources event, the Education Show, organised by I2I Events Group, takes place at the NEC Birmingham from 14-16 March 2013.

www.homefield.sutton.sch.uk

St Lawrence College

The location of *Kirby House* epitomises its central role in the College and its special identity. A key aim is to ease the transition from junior to senior education and reduce any stress to a minimum by providing the



Elmhurst School for Boys

THE DIGHTON MEMORIAL SCHOLARSHIP - Aged 4-11 Entrance Exam - Tuesday 26th March 2013

Elmhurst offers this opportunity to apply for a fully funded scholarship for a boy starting in Year 3 and ending when he leaves at the end of Year 6.

It is provided in memory of Mr and Mrs Barry Dighton who both worked at Elmhurst and provided so many boys with the most wonderful education and opportunities.

This Scholarship is intended for a boy whose parents are unable, for financial reasons, to enrol their son at Elmhurst School. There will be an Entrance Exam and a Financial Application The following criteria are considered in making this award: The boy should be a member of a family in which there is a definite need of financial assistance. He should be of good character, be conscientious in his studies and his level of achievement should be sound.

For further information www.elmhurstschool.net or Carole or Paula on 020 8688 0661

Education

Leading by example and learning from the best

Hear from sector experts at the *Education Show 2013* 14-16 March 2013

Mark Ducker, executive principal of *The STEP Academy Trust*, is to join a panel of inspirational school leaders and education sector experts to debate, discuss and share ideas on the future of UK education at the *Education Show 2013*.

As the UK's leading education training and resources event, the Education Show, organised by I2I Events Group, takes place at the NEC Birmingham from 14-16 March 2013.

Recent changes in education and greater autonomy for schools have placed training, information and collaboration at the heart of education and the *Education Show 2013* will offer more than 70 hours of free continuing professional development with its widest range of conference sessions, seminars and workshops yet.

To ensure visitors receive the best practice advice and guidance, leaders from outstanding schools from throughout the UK will share case studies and practical classroom examples to inform and inspire.

A national leader of education, Mark leads *The STEP (Striving Together for Excellence in Partnership) Academy Trust* in Croydon. Founded on moral purpose, it was created in May 2011 to provide support for underperforming schools. The multi-academy trust currently has two members, *Gomville Academy* and *David Livingstone Academy*; however, *Applegarth School* will become a permanent member of the trust in April 2013.

A recognised DfE sponsor, *The STEP Academy Trust* has been supporting Applegarth since January 2012, enabling the school to exit Special Measures and achieve an Ofsted rating of Good in less than six months.

The show is free to attend. Visitors may register early and can also find a full programme for the *School Leaders Summit* and other free CPD opportunities at

www.education-show.com



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Book & Educational Game Reviews

Ravensburger's new Science X activity kits where Science, Fun and Learning Collide

Ravensburger's Science X collection will open the world of discovery with these fun and exciting science kits for children this **National Science and Engineering Week from 15th-24th March 2013**.

For curious kids who want to crack a secret code or discover the secrets of the third dimension or even grow their very own crystals, the Science

X experiment and activity kits are perfect.

With the CSI set of experiments, professional crime scene investigations become child's play! Thanks to the tips and tricks from a real life forensic expert, the 12 exciting experiments will turn every budding detective into a real investigator. The Science X launch

collection has three sizes to choose from; Mini kits with three amazing activities each; six Midi kits with 12 and completing the range are two Maxi kits with up to 20 fun tasks.

Each kit contains lots of interesting and exciting experiments and activities that children will want to explore and keep them busy for hours!

The Interactive Art Book, published by *Tango Paper*, is a re-titled, updated edition of a classic work by renowned paper engineer **Ron van der Meer**. The book presents art through the ages in a way that is understandable, entertaining, exciting and above all, a wonderful introduction to the subject. Inventive paper engineering combined with an accessible

The Interactive Art Book

text brings the subjects of each spread to life. Gatefolds, flaps, pop-ups and other mechanics reveal the process of making and appreciating art: light and colour, pattern and composition, narrative, style and movement and much more. The book includes 60 art masterpieces and 12 three-dimensional models illustrating perspective, colour-mixing and the illusion of movement and abstract composition. There is

March 2013

March 2013

Bessant & Drury ice-cream

Half The Fat Of Regular Ice-Cream And Zero Cholesterol - Dairy Free Ice-Cream Flies Off The Shelves As New Year Resolutions Stick

We have tried this and it's delicious and good for you what more could you want! With half the fat of regular ice-cream **Bessant & Drury** is a coconut milk based dairy free ice-cream and in January flew off the shelves as healthy regimes kicked in. Traditional ice-cream has an average of 11 grams of saturated animal fat per 100 grams, whereas **Bessant & Drury** has just 5.1 grams of the healthiest medium chain saturated fat, the unique properties of which means it cannot be stored as body fat. Furthermore it contains zero cholesterol - only animal products contain this.

Also vegan and free from gluten, soya, artificial additives, colourings and preservatives **Bessant & Drury** comes in four flavours: strawberry, vanilla, chocolate and lemon and created a storm upon launch as foodies and celebrities alike voiced their approval at the first ever coconut milk dairy free ice-cream.

Far from a tasteless 'free from' food **Bessant & Drury**'s is a luxury dessert made with the highly nutritious coconut milk which gives it the creaminess of traditional ice-cream. Renowned for its

health benefits, the ice-cream was developed when wellness expert and exercise coach **Steve Bessant** experimented in his kitchen with a borrowed ice-cream maker. Although originally developed for the *Free From* sector - with dairy intolerance affecting 13.7 million people in the UK the growth of the 'want to' rather than the 'need to' market is fast growing.

Bessant & Drury is stocked in *Waitrose, Tesco* and 250 independent retailers around the UK. Since launch **Bessant & Drury** has scooped two **Great Taste Awards**, competing against mainstream ice-cream and earlier this year also won the **Innovation Award** at the *Free From* awards - its creamy taste bucking the trend of dairy free desserts which until now have been dull and watery and with the inclusion of nuts or soya.

Bessant & Drury was the first coconut milk based ice-cream in the UK, enjoying all of the health benefits of coconut. With its highly nutritious and 'functional food' status, coconut was chosen as the main ingredient because it provides many health benefits beyond its nutritional content, which includes being cholesterol free, increasing metabolism, improving calcium and magnesium absorption. It is also a good source of fibre with the added benefit of fat from coconut being burned by the body rather than stored as body fat.

Rustic Indian:

A new fresh range of punchy Punjabi flavours for foodies. Authentic and healthy curry bases in four mouth-watering varieties.

Rustic Indian www.rusticindian.com is a new range of four fresh, chilled Punjabi spice blend bases for home cooking, using the finest blends of authentic ingredients and traditional Punjabi recipes prepared from scratch.

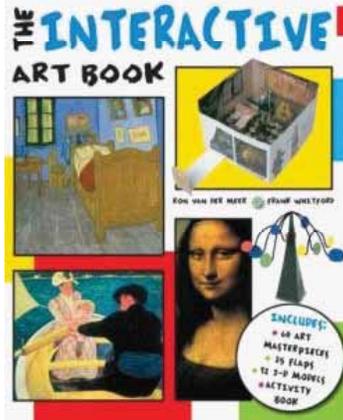
Forget the gloopy, bland, preservative-packed jars of ready-made curry sauces which currently saturate the supermarkets: **Rustic Indian** promises to revolutionise this category with nutritious, healthy sauces, chilled to keep their fresh flavour intact for your kitchen.

Rustic Indian is the brainchild of **Vini and Bal Aujia**, husband and wife team and self-confessed food-nuts. The couple first bonded over a love of food and their shared passion for authentic, delicious flavours of the Punjab region. They remain committed

to making family recipes passed down to Vini through generations in small batches, by hand, with the finest, freshest ingredients and love. **Rustic Indian** provides a deeply flavoured, richly spiced foundation for classic curry recipes. The sauces are also a versatile base for global culinary inspiration: whether stirred into soups, a seasoning for stews or casseroles, a marinade for meat, an accompaniment to meatballs, a topping for toast or a sandwich filling. **Rustic Indian** always delivers a full and punchy, authentic Punjabi flavour.

All four sauces are vegetarian and gluten-free with absolutely no artificial colours, flavours or preservatives, incorporating ingredients such as rapeseed oil, which is traditionally used throughout India and contains healthy Omega 3, 6 & 9 and essential fatty acids. **Rustic Indian** sauces are available at **Bugdens** or via **Love Your Larder** online: www.loveyourlarder.com/vinibalsrusticindian

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Health & Fitness

My 3 Top 5-Minute-Tips For Losing The Baby Fat

My sister, who gave birth on 31st December to an adorable little boy called Sam (her first), is shocked at how little time she has for herself now. She doesn't get to eat breakfast before gone 10am (even though she's been awake since 5 - and most of the night before this!). Every minute is go.

This got me thinking: **What are the top 3 things a new Mum can do to keep well and stay off the blood sugar rollercoaster?** Even when maintaining caffeine and sugar might seem an attractive option given the lack of sleep, little prospect of it, and the need to get through the day (and we now know rising blood sugars end up in the form of additional layers of body fat, and zero natural energy)...

Protein powder: 3 minutes to warm up a large mug of milk (or coconut milk if you are sensitive to cow's milk). Mix with a tablespoon of whey protein (Use a good quality 'unflavoured' version). Plus a loaded teaspoon of pure, sugar

free cocoa powder (Mmm!) and a teaspoon of cinnamon (great for helping your cells utilise blood sugar to produce energy more effectively). Tasty, filling and satisfying. And protein soon after waking up helps control appetite and burn fat throughout the day. **Graze** on healthy and nourishing snacks to stop your blood sugars dipping (keep a jar of almonds handy, or invest in a stock of Munchy Seeds (very tasty and available at the click of a button), oatcakes with some hummus or nut spread.

Explore 'bulk cooking', which allows freezing: slow cooker meals, big pots of nourishing soups containing protein such as beans or lentils, a good stock of Tupperware storage boxes. You can even pre-cook brown rice or quinoa and store it in the freezer (in little food bags). **Request** my 'Quick and Easy' recipe guide by emailing angela@superwellness.co.uk or visit my website www.superwellness.co.uk



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